

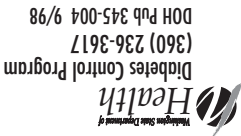
Name:	Ph: ()
Doctor:	Ph: ()
Diabetes Educator:	Ph: ()
Dietitian:	Ph: ()
Pharmacist:	Ph: ()
Foot Doctor:	Ph: ()
Eye Doctor:	Ph: ()
Dentist:	Ph: ()

MY DIABETES CARE INFORMATION



MY DIABETES CARE GOALS

	ADA Standard
HbA _{1c} Target: _____	less than 7%
Blood Pressure Target: _____	less than 130/85
Cholesterol Target: _____	less than 200
LDL Target: _____	less than 100
HDL Target: _____	greater than 45
Triglycerides Target: _____	less than 200



American Association of Diabetes Educators 1-800-338-3633

To find a diabetes educator near you:

National Diabetes Education Program 1-800-438-5383
American Diabetes Association 1-800-628-8808

For more information about diabetes call:



MY DIABETES CARE CHART

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Physician exams:	Date of Visit			
Review home blood sugar records (every visit)				
HbA _{1c} (every 3-6 months)				
Weight (every visit)				
Foot exam (every visit)				
Foot check of circulation and nerves (once a year)				
Blood pressure (every visit)	/	/	/	/
Cholesterol/LDL/HDL (once a year)	/	/	/	/
Triglycerides (once a year)				
Urine test for protein (once a year)				
Dilated eye exam (once a year)				
Dental exam (once a year)				
Flu shot (once a year)				
Pneumonia vaccine (generally once)				
Review with your diabetes educator:				
Meal plan (with a registered dietitian)				
Physical activity plan				
Home blood sugar testing plan				
Low/high blood sugar treatment plan				
Foot care plan				
Medication plan				
Sick day plan				
Stress management plan				



Other things you can do:

- Stop smoking • Eat less fat • Become more active • Let others help •
- Test blood sugar regularly • Eat 5 fruits & vegetables daily



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If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Diabetes Wallet Card**

Size: 3.75 x 8.875

Paper stock: 80# cover Fortune gloss white

Ink color: Pantone 286, Pantone 326, and Black

Special instructions: 2-sided printing. Score and gate fold. Finished card folds to 3.75 x 2.25

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